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In the party mood

the newham mag

issue 308 // 30 January – 12 February 2015

Theatre fun takes centre stage

Children enjoy magical
performances (p11)





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30 January 2015 // **issue 308**



I hope you received your calendar in the previous issue of the Newham Mag that celebrates 50 years of Newham. In this issue we feature what our young people have to say about life at the Newham

Giuseppe Sotti Farm Centre (p1).

Some 4,500 children visited Stratford Circus Arts Centre this month to be inspired by the bright lights of the big stage thanks to Newham's Every Child a Theatre Goer programme (p1).

If getting fit was one of your New Year's resolutions, then be inspired by former athlete Eugene Giles who is now working with activeNewham, the council's leisure trust (p12). And don't forget to have your say on what changes you think would best benefit residents with changes when we make planning decisions.

Councillor Ian Corbett

Magical adviser for Environment and Leisure

Keep in touch with Newham Council via:

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IN BRIEF //

Support for carers

Newham Council and Newham Clinical Commissioning Group are inviting carers to the launch of their Joint Carers Strategy at St Mark's Community Centre in Tolpado Road, Beckton, on 12 February from 11am-1pm.

The strategy provides details of how both organisations propose to support carers over the next three years. The launch will be of interest to residents who provide unpaid support to partners, children, parents, relatives, friends or neighbours who cannot manage without their help.

Places are limited. If you wish to attend email Barbara.howard@newham.gov.uk by 6 February to book your place.

In market for games

The successful Market Games event for young people aged nine to 19 returns to Queens Market in Green Street, Upton Park, on Wednesday 15 February from 2-6pm.

A host of free activities are being arranged by residents and councillors supported by Newham Council's Green Street Community Neighbourhood Team, leisure partner activeNewham, the Metropolitan Police and the local Tesco store.

Games on offer include BMX cycling, indoor rowing, table tennis and table tennis. It follows two successful Market Games events last year. For further information contact 0844 414 2728.

Freedom Pass renewals

Residents who have an older person's Freedom Pass that expires on 31 March should by now have received a letter from London Councils with a unique renewal number.

If you have lost or not yet received your letter call London Councils Freedom Pass helpline on 0300 330 1433 to ask for a replacement. Lines are open Monday to Sunday 9am to 8pm.

You should renew your Freedom Pass online as soon as possible on the London Councils Freedom Pass website. If you cannot renew online, fill in and return the renewal form included with your letter.

>>> Appeal over race hate graffiti



Police continue to investigate graffiti attacks on posters that advertised Newham Council's Holocaust Memorial Day event.

They have issued CCTV footage of a man spraying the words "lars" and "killer" on an advertising board in West Ham Lane, Stratford, and have appealed to residents for information.

It is one of four incidents being treated as racially aggravated criminal damage. The graffiti was quickly removed from the site and two others in Stratford and one in Plaistow. The posters were advertising the council's Holocaust Memorial Day event on 27 January at Stratford Old Town Hall.

Mayor Sir Robin Wales said: "These despicable and cowardly hate crimes are an assault on our values of decency and mutual respect. Newham Council will work with our police partners to bring those responsible to justice."

Anyone who has information about the incidents can contact police on the non-emergency 101 number.

Alcohol seized from stores

More than 2,200 litres of alcohol was recently confiscated by Newham Council's licensing team.

Officers removed cider, beer and spirits from stores because they did not have a licence to sell it or because it was of a higher alcohol content than allowed on their licence. The council is considering further action against the business owners.

Some 500 litres was taken from Forest Gate Super Store in Ormsall Close, Stratford. Earlier last year councillors had revoked the shop's licence after staff failed to follow Cheikings 21 guidance. Some 1,700 litres of high strength alcohol was seized from Forest Gate Food and Wine in Woodgrange Road following a test purchase.

Councillor Ian Corbett, mayor's advisor for environment and leisure, said: "Irresponsible off licences can make the lives of residents miserable. Selling high strength alcohol without permission can often result in anti-social behaviour."





Run sponsors are announced

Newham Council has welcomed the announcement by mass participation specialists Nova that supermarket chain Morrisons are to sponsor the Great Run Series, which includes the Great Newham London Run, for the next four years.

Mayor Sir Robin Wiles said: "We are pleased a sponsorship deal has been reached and we look forward to working with Nova and Morrisons on the Great Newham London Run later in the year."

The council has a ten-year partnership with Nova to develop and stage the Great Newham London Run. A date for this year's event is yet to be confirmed but the run will finish in the Olympic Stadium.

Nova chairman Brendan Foster said: "We are delighted to welcome Morrisons as our title sponsor. Our ambition is to have a million people taking part in the Great Run programme and Morrisons can help us achieve this."



Sir Robin Wiles and Brendan Foster

Delay on bridge is slammed

Mayor Sir Robin Wiles has blasted Mayor of London Boris Johnson for the "unnecessary delay" in finding a river crossing solution for East London.

Speaking at a meeting of the Parliamentary Transport Committee, Sir Robin said: "A bridge at Gallions Reach in Beckton has been unnecessarily delayed for seven years. Having only a ferry is simply not good enough for London in the 21st century. London is moving east and a bridge should be built urgently."

He said such a bridge should have no tolls because people in West London are not charged to cross the Thames. "If there are tolls there must be reductions for local people and local concessions," he added.

The committee is holding an inquiry into strategic river crossings and consulting the Department for Transport. Newham Council has long campaigned for a river crossing at Gallions Reach. The committee's report is due later this year.



Now a bridge at Beckton might look like this

Green light for new homes

The sale of a former Newham Council building in Plaistow that dealt with residents looking for emergency housing is to be transformed into a development offering 21 family homes.

The new properties on the site in Prugel Street will be available to purchase under Newham's innovative shared equity scheme NewShare.

Plans for the six two-bedroom and 15 three-bedroom homes were approved by the council's Local Development Committee. They have been designed by Peter Barber

Architects and will be ready by March 2016.

NewShare is helping residents who would like to own a property but may not be able to afford a large deposit or the cost of buying on the open market. Cllr Andrew Burke, mayoral advisor for housing, said: "We want to help residents into home ownership and encourage them to settle in the borough. This development will help us deliver on that."

For more information on NewShare, turn to page 31.

Lessons we still must learn

This week in Newham we remembered victims of the Holocaust. It is right that we gathered together to share in commemorating such an atrocious and significant moment in our history and think about the lessons we must keep on learning.

Far smarter people than me have spent the past 70 years thinking about those lessons. These aren't easy answers, because evil acts committed by ordinary people challenge the core of our understanding of who we are

"We must celebrate and accept difference. We must never forget the common humanity and value which unites us. I'm really proud of our unity, but we cannot take it for granted."

We advertised our Holocaust Memorial Day event on posters around the borough. Someone chose to spray-paint words like 'Jews' and 'kiler' over four of those posters.

This outrageous, cowardly hate crime was an assault on the mutual respect which the vast, vast majority of us share. It wasn't freedom of speech, it was racist vandalism and

we're working with the police to bring the perpetrators to justice.

There are still some who wish to deny that the Holocaust happened. By denying, they want us to forget the lesson that we must always be on our guard against those who wish to divide us. That's why we have to continue to fight against racism and anti-Semitism. It is important that we are all prepared to speak out – individually as well as together – to challenge those who would harm other people because they are different or hold different views.

We must celebrate and accept difference. We must never forget the common humanity and value which unites us. I'm really proud of our unity, but we cannot take it for granted.

As a council we value all residents. When we spend your taxes, it is on things that will benefit everyone. It is important that people from different backgrounds get to know each other, to share experiences, develop friendships and respect. So we support activities that help people to mix, like the Mayor's Newham Show and street parties.

I want people in Newham to be proud of their heritage, their culture and their beliefs. But I also want us to meet each

other, to get along and to be able to live and work together. That's what we do to stop intolerance from finding roots in our society.

An event as awful as the Holocaust demands that we keep the memory alive, but it also demands more. It demands that we affirm the value of every individual, and oppose those who want to divide us.



Mayor's view

Top class place to learn

I was delighted to be invited to take part in the opening of the new extension at North Eaddon Primary School which has been built as part of Newham Council's school investment programme.

I saw the work progressing early last year when I joined pupils at the topping out ceremony. The youngsters were excited then so I was pleased to be able to join them again for the formal opening ceremony of the new fully accessible classrooms that offer a great learning environment.

Official opening duties were shared with wheelchair tennis player Jordanne Whaley, who the new wing has been named after. Jordanne won a bronze medal at the Paralympic Games in 2012 and in 2014 took a Grand Slam of doubles titles by winning the Australian, French and US Opens, as well as Wimbledon. The pupils have been following Jordanne's success with great interest and she was impressed by how well behaved and polite they were and with the school's facilities.

Newham has for a long time been at the top of the rankings for including disabled children in mainstream schools. It offers opportunities for pupils with different

abilities to achieve in life in the way that Jordanne has.

Our primary schools will continue to provide a wealth of learning opportunities to inspire young people and help them achieve their potential. We remain committed to improving facilities for all and providing the extra capacity to help us meet the growing demand for pupil places.

Every child in Newham matters and we continue to invest in our schools to ensure that they continue to be top class places in which to learn.



Pupils put me on the spot



I am used to answering questions from residents and from journalists but those I faced recently from the pupils at St Helen's Primary School in Plaistow were among the toughest and put me on the spot.

I was invited to the school to take part in their activities for Citizenship Week where the young people were concentrating on the theme of service to the community.

They had certainly thought long and hard about what they were going to ask me and the subjects ranged from helping the poor and others, the charities I support, the changes I plan to make in Newham, how can we all help each other and how can we all make the borough a better place.

It is nice to know that our young people, and especially those of St Helen's, are really thinking about how they can contribute to the future life of the borough.

with Sir Robin Wales

COLLEGIATE CENTRE HAS RIGHT CHEMISTRY

Thanks to the efforts of Newham's best schools, we've seen huge increases in our GCSE results. From trailing behind the national average we are now gaining grades up there with the best. Now the Newham Collegiate Sixth Form Centre (NCS) has joined the fold to help our young people to compete at the top and get to the best universities should they choose to do so.

Mayor Sir Robin Wales visited the NCS in East Ham to observe classes and take a gelling by young people. He met students, staff and the management team and answered questions about what he thought of the centre and what life is like as Mayor.

The sixth form centre in Barking Road opened in September to provide an academic A Level provision, specialising in science and maths, for the borough's students who aspire to attend Oxford, Cambridge and prestigious universities across the world.

"It is clear that the NCS is already achieving what we as a council wanted when we asked for it to be established."

The college is currently accepting applications for students enrolling in September 2015. The deadline for those wanting to apply is 13 February.

Sir Robin Wales said: "It was, quite genuinely, an inspirational visit. It is clear that the NCS is already achieving what we as a council wanted when we asked for it to be established."

"It is an impressive building, a place of educational excellence in the heart of Newham, which will help our kids fly and achieve their very best now and in their future careers, and for generations to come."

"I am thrilled to have been able to witness the high level of critical thinking that is taking place at Newham Collegiate. The sixth form centre is providing a huge raft of opportunities for students not only academically, with the high calibre of teaching staff, but also through their partnership with University College London and with visits from industry experts from FTSE 500 companies."

"I hope our students grasp these opportunities with both hands and go on to be leaders in their chosen fields. In that way they can make a long term, positive contribution to our community."

The centre was founded by Newham Council and a group of Newham secondary schools - Cumberland, Kingsford, Lenter, Little Ilford, Plashet, Rokaby, Royal Dagen, Sarah Bonnell and Stratford School Academy. It is based in the former technical college on the East Ham Town Hall campus that underwent renovation before reopening at the beginning of the academic year.

Principal Moushan Ismail added: "Our students were delighted to have the chance to meet Sir Robin, discuss his role as Mayor and express their mutual pride in the role the NCS plays in providing them with the best A Level education and opportunities in Newham."





The NCS Head Girl Samiya Malik, 17, from Stotford is going to get into Cambridge to study law. A former pupil at Sarah Bonnell School, she decided to attend the NCS after a presentation by the sixth form centre's principal Moushan Imani.

"The NCS offers the whole package; outstanding learning and teaching, unparalleled enrichment opportunities, and a scholastic environment. The NCS has links with some of the best universities in the world which gives us a real insight into what we need to do to be a credible candidate."

Head boy Umar Al Haddad, 16, from Forest Gate wants to study medicine at Imperial College London. He said:

"I decided to join the NCS because I believe that the opportunities I will get will really prepare me to study medicine at Imperial College London. The teachers are so supportive and go out of their way to make sure you understand the material at A Level. I'm about to undertake work experience at a hospital shadowing a consultant, and I would not have had this chance if it wasn't for the connections that the NCS has with the medical profession."



Students at the NCS.

Students looking to enrol for courses beginning in September 2015 should visit the centre's website at www.thencs.co.uk

Interviews with candidates will take place during March, April and May. Final offers to candidates will be made by 31 May.

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NHS

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The Royal Docks Trust supports voluntary and community organisations, which serve the Docklands area of Newham (south of the A13 Newham Way), to apply for funding.

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- enable the community and voluntary sector to provide services contributing directly to the regeneration of the area and access to jobs
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- benefit older people and/or disabled people and present sustainable opportunities to improve quality of life
- demonstrate value for money
- maximise long term benefits for local residents

For further information please
contact **John Johnson** on
020 7277 8667 or email:
John.d.johnson@btinternet.com

Application packs can be
downloaded from the Royal
Docks Trust website
www.royaldockstrust.org.uk

Closing date for
applications:
**5pm on Friday 20th
February 2015**

ENCORE

FOR THEATRE FANS

This month, 4,500 schoolchildren went to Stratford Circus Arts Centre for free to be inspired by the bright lights of the big stage thanks to Newham Council's Every Child a Theatre Goer programme.

Following on from last year's launch event with Michael Rosen's *Candide* Hosted Abolition, kids in Years 5 and 6 from across the borough's primary schools had the chance to see the international smash hit *The Girl Who Forgot to Sing Bearly* from Rosalie Lovett for free.

Following stops in New York and Sydney, the show is an untamed adventure that crosses snowy lands and wild seas telling the story of Peggy O'Hegarty and her professional pecker parents. The one-man show featuring Louis Lovett, Ireland's most critically acclaimed actor for young audiences, encourages people to find their own voice and build self confidence.

Newham's unique Every Child A Theatre Goer programme uses theatre to develop young people's learning experiences and interest. It also opens secondary school years 7 to 10 in partnership with Theatre Royal Stratford East, Shakespeares Globe, as well as Stratford Circus.

Newham's Every Child programme stretches further than just the arts. It also offers schoolchildren the chance to learn an instrument, play chess or try new sport to broaden their learning opportunities.

Ashia Barden,
deputy head teacher,
Galegrave Primary School

"There are a large number of pupils in Newham who have never been to the theatre before. This will be the first time that many students here today will have seen a theatre production. We'll be reviewing the play with our pupils to develop their use of English and articulation."

Margarita, 8,
Galegrave Primary School

"It is the first time that I've been to the theatre and I'm really excited to get to watch something like this and see actors up close. I do hope I get to see more things like this."

Jamimah, 8, Britannia Village School

"I have seen a play before but I've never seen anything in Stratford Circus. I think we are quite lucky to have chances like this to see things for free as other children don't have the same opportunity."



Find out more about the Every Newham Child programme visit www.newham.gov.uk/everychild
To find out more about future shows at Stratford Circus visit www.stratford-circus.com



Running man getting us active

Eugene is community development director at leisure provider activeNewham yet his first association with the borough was as a 16-year old in 1977 when he was introduced to Newham and Essex Beagles Athletic Club. He is still a life member.

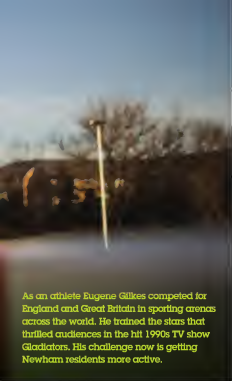
He competed in Commonwealth Games and European Championships but

injury forced him to miss the two Olympic Games he was selected for. He won a bronze medal in the decathlon at the Commonwealth Games in Auckland, New Zealand in 1990.

Eugene said: "I was predominantly a 100m runner at school in Kent but my PE teacher said I was pretty useful at other

things so why not give decathlon a try. I found I had a range of events I seemed quite good at, mostly the ones that were all about power. My first day doing the decathlon was amazing, the day after not so much."

His team-mate at the Beagles at Torenore McMillan Stadium in Plaistow was Olympic



As an athlete Eugene Gilkes competed for England and Great Britain in sporting arenas across the world. He trained the stars that thrilled audiences in the hit 1990s TV show Gladiators. His challenge now is getting Newham residents more active.

and World champion Daley Thompson. "From the start of my decathlon career, even if I wanted to break the club record, I had to break the world record," he said.

Of all his on track exploits, Eugene is most proud of his Commonwealth medal. He said: "I competed out of my socks. I knew I wasn't as fit as I had been. I knew I had lost a lot

of time in training. But I competed way above what I should have achieved over those two days. It vindicated all the effort and was a reward for all those who had supported me, my family, employers and friends who made a lot of sacrifices on my behalf."

When he finished competing he was

asked to try out for TV show Gladiators. Eugene said: "I passed the test, but then I met some of the other Gladiators. I remember saying hello to one guy. He got up to shake my hand and just kept going up. He was 7ft 2ins and I realised I wasn't what they were looking for. They asked me to be an associate producer and I helped create many of the games and trained some of the Gladiators. And being timekeeper on screen was the icing on the cake."

His regards working for ActiveNewham as "coming home to a place where my heart has been since I was a boy". He has taken up the challenge to get youngsters involved with and be good at sport and to get people and families physically active in safe and fun environments.

"People tend to think of activity as only being sport," he said. "It's not about needing to get a sweat on or needing to be slim and athletic and fit into Lycra. It has been a while since I fitted into my Lycra. It's not about size. It's about a healthy heart, doing something more today than you did yesterday and about being better than you were. It's about getting off your backside and getting out of the house."

"We are encouraging people to be active in the wider sense of the word such as volunteering in your local community, doing something that gets you out, creating a community garden at the bottom of your road or just walking in the park. It's not just going to the gym and sitting on a machine for 15 minutes."

"We are working across community neighbourhoods to offer the right opportunities to get people active. There is no excuse for people to say there isn't anything here. I love the fact Newham offers people the chance to come and try things for free. There is always something you can do to be more active and contribute to your local community."

To find out how you can be more active in 2015, get fit and stay in shape, visit www.activenewham.org.uk or call 0300 124 0123



Pilgrim's Way Market New traders wanted!



50 years is worth celebrating

One of the good things about life in Newham is that we know how to throw a good street party. And this year we plan to have a few of them as the borough reaches the ripe old age of 50.

From Silver Jubilee, Golden Jubilee and Royal Weddings to celebrating the 2012 Games and the Tour de France in 2014, we've turned out to enjoy a fair few good of fashioned knees-ups in the past 50 years.

Great things have happened here since April 1965 when East Ham and West Ham officially merged to form Newham. We've had some iconic moments from FA Cup wins to hosting an Olympics and Paralympics. We've seen the arrival of an airport, a cable car and one of the biggest shopping centres in Europe amongst others, so let's get together to celebrate them all.

If you want to gather with your family, your friends and your neighbours to

celebrate the milestone in our borough's proud history then Newham Council can give you a helping hand. We can offer grants of up to £250, or £500 in exceptional cases, from our Let's Get the Party Started fund to host a gathering that brings the whole community together.

Mayor Sir Robin Wales said: "Newham has celebrated some great occasions in the past 50 years so there's no excuse for not doing the same in this milestone year."

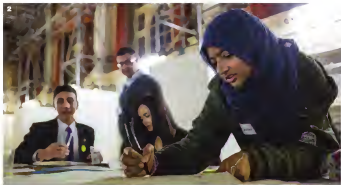
And if you want to share with us some of your memories of those past 50 years then let us know. Visit www.newham.gov.uk/50years or email your anecdotes, stories and pictures to fiftyyears@newham.gov.uk

To be considered for Let's Get the Party Started funding for your Newham 50 years celebration event, or other community activity, please remember your event has to take place in the borough it has to be open to the whole community and benefit Newham residents.

For more information on how to apply for funding visit www.newham.gov.uk/grants



Newham in pictures



1. Questions and answers: Pupils at St Helena Primary School, E13 prepare for a question and answer session with Mayor Sir Robin Wales. **2.** A healthy approach: Participants take part in the Health Matters programme at East Ham Town Hall. **3.** Finger clicking good: Residents learn how to Do It Online at Manor Park Library. **4.** All eyes and ears: Students from the Newham Collegiate Sixth Form Centre Ed at an assembly



Are you a landlord, property developer or managing agent looking to let a property?

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Newham Council URGENTLY requires properties and wants to work in partnership with local landlords and managing agents to rent their properties

The council can offer:

- Up to £2,000 non-refundable cash incentive payment
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- Deposit bond to the value of six weeks' rent
- Deposit and rent in advance

Working with the council means:

- Ongoing landlord support and advice
- Support to maintain the tenancy
- Direct rent payments
- Local housing allowance (LHA) rates paid

If you have any properties or would like to find out more about our Private Rented Sector Scheme, contact the Housing Supply team now

Telephone: 020 3373 1148

Email: PRSsupply@newham.gov.uk



From April 2015 care and support in England is changing for the better.

The new Care Act will help make the care and support system more consistent across the country. If you receive care and support, or you support someone as a carer, you could benefit from the changes.

For more information visit www.gov.uk/careandsupport
or email CareAct2014@newham.gov.uk

Care and
support
by you

Planning for a better future

All local authorities around the country have a Local Plan. This is a collection of documents, prepared by planning officers, which guide development in an area. The idea of the Local Plan is to make sure any changes to our built environment offer the best benefits to residents for the longest period of time.

The main part of Newham's Local Plan is the Core Strategy, which came into effect in 2012. It sets out the council's overall vision for the borough across a number of themes such as jobs and housing.

There are other parts of the Local Plan that help the council make sure that vision can be achieved: helps developers understand what they can and cannot do in Newham, and helps residents feel confident about the changes going on in their areas. One such part is the Detailed Sites and Policies Development Plan Document (DSPD).

The DSPD is currently at the Issues and Options stage, meaning residents can comment on what it contains. You will also be able to comment on the final draft before it is considered for adoption.

The DSPD covers six themes:

- making sure areas for business use and jobs are maintained
- protecting particular groups of local shops that help ensure people have access to them within a short walk
- saying 'how many is too many' in relation to things like betting shops and takeaways
- ensuring all forms of housing are designed and managed so that everyone's home meets quality standards, is affordable to heat and noise and parking created doesn't impact on neighbours
- ensuring green spaces are protected
- ensuring there are places for community uses

You can offer your thoughts online by searching for the DSPD consultation response form at www.newham.gov.uk and completing the survey. There's a box at the end where you can write anything else you think is relevant if it isn't covered in the specific questions.

If you do not have access to a home computer, free access to the internet and free Wi-Fi is available at all local libraries in Newham. The consultation runs until 5pm on 13 February. If you want to write in you can email ldf@newham.gov.uk or you can visit www.newham.gov.uk/planningconsultations.



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www.gov.uk/register tovot e

General Election – Thursday 7 May 2015



YOUR VOTE MATTERS
MAKE SURE YOU'RE IN





Artistic impressions of the proposed development



Hammers legacy is planning goal

As West Ham United get set to kick-off at the Olympic Stadium in 2015, proposals have been submitted for what happens on the site of the Boleyn Ground in Upton Park.

Boleyn Phoenix Limited is asking Newham Council to consider a planning application for a residential scheme that would see the existing stadium replaced with 15 new buildings of between three and 13 storeys delivering 638 new homes, including family sized and affordable properties. An application has also been submitted to replace an existing community hall in Castle Street, opposite the West Ham United Supporters' Club.

The scheme proposes to open up the stadium site with new roads as well as pedestrian and cycle routes connecting Green Street to Priory Park. A basement is included on part of the site for parking and services. The plans incorporate flexible community or commercial space,

1,210 cycle parking spaces and 332 car parking spaces, landscaping and new tree planting.

Boleyn Phoenix Limited say they are committed to creating a legacy for West Ham United on the site including public art that reflects the history of the Hammers and players.

Before the council makes a decision about the proposals, residents have an opportunity to comment on them. You can comment online by visiting www.newham.gov.uk/pa and searching for the application numbers

14/00833/FUL – Redevelopment of West Ham United Football Ground
14/02906/FUL – Redevelopment of existing Community Hall at 7 Castle Street

You can also inspect the application documents at Green Street Library, 307-341 Green Street, E13 9AR, during library opening hours, and by prior appointment at Newham Dockside, 1000 Dockside Road, E16 2QJ. Call 020 3373 7756 to book an appointment.

You can also send comments in writing to planning officer Christopher Paggi at Newham Dockside. Please quote the application numbers. You have until 13 February 2015 to submit your views. Comments received after this date may not be considered.

The applicant will be holding a public exhibition of the planning proposals on Tuesday 3 February between 2-6pm at the Church Hall, Our Lady of Compassion RC Church, Green Street, Upton Park, E13 9AX.

Discover how to swap books



Are you hungry for stories? Looking for a new adventure? If you are, why not swap your old books for new favourites at the Discover Children's Story Centre in Stratford on Saturday 14 February.

On that day the centre in High Street E15 is putting on activities as part of the fourth annual London Children's Book Swap from 12.30pm. Children and families are encouraged to take their old books and swap them for new reads for free.

After you've swapped your books, you can make a lovely Valentine's Day bookmark to bring home for your new library. You may also get to see Walker Bear of Walker Books fame who will be visiting London Children's Book Swap and is set to talk about reading and book swaps.

To find out more about Discover and the London Children's Book Swap visit www.londonbook.org.uk or call 020 8536 5566.

Youngsters can give rugby a try

Young people are invited to give rugby a try at Memorial Park in Memorial Avenue, West Ham.

Newham Knights, the junior section of East London Rugby Club, are hosting fun and exciting coaching sessions for boys and girls on Sundays from 10-11.30am. All sessions are free and all ages and levels of experience

are welcome. Youngsters aged from six to 16 can try big rugby, skills coaching sessions and goal kicking. The sessions are supported by Newham Council.

Coach Adrian Boyce said: "This is a great opportunity for young people of different ages and ability levels. We are also delivering our Newham Knights youth programme into primary schools with the dual aim of coaching young people in a sport they may not have tried before and eventually assisting them in representative age group teams."

For more information about East London RFC visit www.eastrugby.com/clubs/eastlondonrfc

Young people in Newham Knights



Life President honour for Kevin

Former Newham councillor Kevin Jenkins has been honoured with the title of Life President of the organisation he helped set up 38 years ago to make a difference to people's lives.

Kevin founded Caring Town-based charity Community Links in 1977 and has held senior roles throughout that time. He saw Links grow into a pioneering social action charity with a peak turnover of £1.5m, supporting 80,000 people each year. He recently launched a Friends Group with TV's EastEnders stars Patsy Stone and Ricky Gervais.

Kevin is stepping down from day-to-day duties and becomes Life President. Links chief executive Conalino Blake said: "Kevin's deep commitment to enabling communities to build a brighter future for themselves has resulted in some remarkable achievements."

Kevin also served at Newham Council for 28 years and has received an OBE and a Beacon Award, the charity sector equivalent of the Oscars.



Kevin Jenkins the President

Coach is a shining light



Anthony Okonkwo

Basketball coach Anthony Okonkwo, 23, who has used his sport to educate thousands of young people about the dangers of knife crime, has been honoured with a Point of Light award from the Prime Minister.

Point of Light awards recognise outstanding volunteers who are bringing about positive change in their community. Anthony was inspired by the murder of a close childhood friend to set up basketball club Carry a Basketball. Not a Blade.

The club meets on Friday evenings and offers young people a safe space where they can have fun. More than 100 youngsters aged 11 to 18 attend sessions. Anthony has also worked with more than 60 schools and colleges in Newham and across East London supported by the Metropolitan Police.

His volunteering work is combined with a full-time job as Head of Sport for Newham All Star Sports Academy where he encourages young people to improve their confidence.

If you would like to get involved in CABNAB visit www.nassasports.org.uk, call 07947 401 816, or email nassasports2012@hotmail.co.uk

Taekwondo ace is honoured

Talented Christian McNeish has won a gold medal in his sports Commonwealth championships in Edinburgh. In November he celebrated being named GB Taekwondo's Junior Male Athlete of the year.

The Redrow resident, 17, who also won a bronze medal at the Youth Olympics in China last August, receives support from the Newham High Performance programme, supported by Newham Council and the University of East London.

Christian gets a busy day and has access to physiotherapy and massage when he is out at the national training base in Manchester. He also has access to specialist training equipment that monitors the composition of his body and ensures he makes his fighting weight safely.

Christian is being tipped as a name to watch in the build-up towards the Olympic Games in Rio in 2016.



Kids' Corner



PLEASE SEND YOUR DRAWINGS,
JOKES AND POEMS TO:
KIDS' CORNER, WEST WING
4TH FLOOR, NEWHAM DOCKSIDE
1000 DOCKSIDE ROAD, LONDON E16 2QU
OR EMAIL THEM TO
newham.mag@newham.gov.uk

Don't forget to write your name, age, address and daytime
contact telephone number on the back of your entry. We
cannot return any entries.

GALLERY



Anonymous



Little Fairies, 10



Fred Khan, 11



Sermin Varuthakumar, 8

Free membership at Stratford Picturehouse

This issue's winner receives free annual family membership of Stratford Picturehouse, which includes free tickets and discounts on films.

To be in with a chance of winning this or another great prize, send your pictures, jokes and poems to **Kids' Corner, West Wing, Fourth Floor, Newham Dockside, 1000 Dockside Road, London E16 2GU**. Don't forget to write your full name, age, address and daytime contact telephone number on the back of your entry. **Good luck!** Visit www.picturehouses.co.uk to see what's on.



Stratford
Picturehouse

Colour-me-in Crossword



Across

1. It accompanies lightning (7)
2. Tigers, lions and bears (7)
3. Odd (7)
7. Baked Italian dish layered with pasta, meat and cheese (7)
9. Closest (7)
11. Pudding (7)

Down

1. It is fun to bounce up and down on this (10)
2. Grand Canyon country (8,6)
3. Male duck (5)
4. Rose-shaped decoration awarded to competition winners (7)
5. City substance (8)
10. Extermination (4)

Riddles

Q: Poor people have it, Rich people need it, if you eat it you die. What is it?

A: **Nothing**

Q: What comes down but never goes up?

A: **Rain**

Q: I'm tall when I'm young and I'm short when I'm old. What am I?

A: **A candle**

Q: Mary's father has five daughters – Nana, Nene, Nini, Nono. What is the fifth daughter's name?

A: If you answered Nana, you are wrong. It's Mary.

Q: How can a pocket be empty and still have something in it?

A: It can have a **hole** in it.

Q: What travels around the world but stays in one spot?

A: **A stamp**

Q: What occurs once in a minute, twice in a moment and never in one thousand years?

A: **The letter M**

WHAT'S ON?

FIVE PAGES OF ACTIVITIES MOSTLY FREE, ALL FUN

OUR THRILLING THREE...

1

Support in Action – Every Thurs, 12noon-3pm.
Jeyes G.G. 18yrs. Free support and advice available
to people with disabilities. Call 020 8546 9035

2

Sensory Play, under-5yrs – Every Weds,
1pm-3pm, Oliver Thomas Nursery and Children's
Centre, Mathews Ave, E8. Help your child develop
in activities that develop their senses. Email
Niamh.Ferron@oliverthomas.newham.sch.uk
or call 020 8821 0997

3

Football for All – Every Tues, 5-6pm (14-16yrs),
6-7pm (16+yrs). Flanders Playing Field, Napier Rd, E8.
Free football sessions for all. Call 020 8566 7070

MENTION THE MAG...

Sales Pam Community Dance is offering the chance to get fit and change your body in 2015 – enjoy your first class for free at Queens Road West Community Centre, 63 Queens Rd West, E13, on Mondays and Thursdays from 6.30-7.30pm.

Everyone is welcome to come along. Show this Mag to get your free class. A fee of £5 per class is payable for sessions thereafter.

Parking is available on site.
For more information visit
www.salespam.co.uk or call
07916 327 541



TRY SOMETHING NEW... PILGRIM'S WAY MARKET

If you have quality goods you think could appeal to shoppers at East Ham's Pilgrim's Way Market you could get a discount on your pitch rent for the first two months.

Pitches are now available from £90 per week and vendors can get a 25% (or more) discount for the first two months when you show this copy of the Newham Mag. The market is open from Tuesday to Saturday, 9am-4pm. Please apply today.

For more information or to book your pitch, call 020 8476 6971, email StreetMarkets@newham.gov.uk or visit www.newham.gov.uk/mag/market

indicates free sessions

UNDER-FIVES

Music and Rhyme

Tues, 10.30-11.15am,
Custom House

Rhyme Time

Thurs, 1.30-2.15pm, Custom
House, Mon, 4-4.45pm,
Canning Town

Storytelling

Mon, 11am-12noon, Tues,
10-11am, Beakton Globe,
Mon, 10.30-11.15am, Custom
House, Tues, 10.30-11.30am,
Canning Town, Tues 11am-
12noon, The Gate, Tues, 10.30-
11.30am, Thurs, 9.45-10.45am,
East Ham, Sat, 11am-12noon,
Green St, Fri, 11am-12noon,
Menor Park, Thurs, 2-3pm,
North Woolwich, Thurs, 2-3pm,
Pleasant, Tues and Fri, 11am-
12noon, Shadford

Play and Play

Support for parents and carers
to develop their child through
play. Term time. Weds and Sat,
11am-1pm, Shadford, Thurs,
1-2.30pm, Jack Cornwell G.C.,
Fri, 10.30-11.30am, The Gate,
Tues, 9.30-10.30am, Jeyes G.C.,
Tues, 10am-12noon, Grassroots

Music and Movement

Sessions for parents/carers
and children
Mon 10-11am, Grassroots

YOUNG PEOPLE

Board Games Club (7-13yrs)

Play chess, Checkers, Ludo,
Pictionary and more. Term time.
Thurs: 4-5pm, Green Street and
Custom House, Thurs, 4.30-
6pm, North Woolwich, Tues and
Fri, 4-5pm, Shadford farm lane

Homework Club (7-14yrs)

Free study support. Term time



Fit 4-6pm, Beckton and Canning Town 19.3.30-5.30pm Thurs 4-6pm Plaistow Fri 4-5.30pm East Ham Sat 2-3.30pm Green St Weds 3.30-5.15pm Manor Park Mon 3.30-4.30pm North Woolwich Mon 4-6pm, Stratford Sat 10am-12noon, The Gale

Games Club (7-16yrs) Sony PS3, Xbox360 Nintendo Wii, board games and more Tues 3.30-5.15pm, Custom House Thurs 4-6pm Canning Town Wed 3.30-5pm, Forest Gate, Mon 3.30-5pm Plaistow

Proud Young Project (7-16yrs) Activities for young people Mon 3.30-5.30pm Jack Cornwell C C

Children's Movie Club Booking essential Thurs 4-6pm 7-12yrs The Gale Tues 3.30-5.30pm, 0-13yrs, under 6s must be accompanied by an adult Green St

Arts and Craft Workshop (5yrs) Fri 3.30-5pm Green St Sat 2-4pm Custom House and Canning Town Tues 4-5pm Plaistow

Puzzles, Quizzes & Colour Mon 3.30-5pm, Green St

Young Readers Club (7-12yrs) Read and discuss your favourite books Tues 4-5.15pm, North Woolwich Sat 10.30am-12noon Manor Park

ACTIVITIES AND SUPPORT



Time-2-Craft (16yrs) Sat 10am-12noon, Stratford

Adult Reading Group Discuss your favourite books and discover new writers Sat 10-11.30am Green St Thurs 5 Feb 5-6.45-7.45pm, Plaistow, Mon 9 Feb 6.30-7.30pm, Stratford

Chess Club Mon, 5.30-7.30pm, East Ham Weds 3.30-5pm, Green St

Thurs 5.30-7.30pm, Stratford Fri 3.30-5.15pm The Gale

Coffee Mornings Tues 10-11.30am, Beckton Thurs 10-11.30am Canning Town Tues 11am-12.30pm, Custom House Tues 10 Feb 10.30am-12noon Manor Park Thurs 10-11.30am, North Woolwich Wed 11 Feb 10am-12noon, Stratford

Be it Online (16yrs) Free six or eight-week basic computer training. Advance booking required, contact library directly Tues 10am-12noon, The Gale Tues 10am-12noon, East Ham Tues 10am-12noon and 2-4pm Plaistow Mon 10am-12noon, Manor Park Weds 2-4pm Stratford Thurs 10am-12noon, Green St Thurs 10am-12noon Katharine Rd C C

Knit & Natter (16yrs) Weds 10am-12noon, Beckton Fri 10.30-11.30am Canning Town Fri 10am-12noon, East Ham Tues 10.30am-12.30pm Manor Park Weds 10.30am-12.30pm, Green St

ICT Surgery IT advice for all ages Mon, 10am-12noon and 2-3pm Plaistow Wed 10.30am-12noon, Stratford Fri 2-4pm Canning Town

Stratford London Toastmasters Public speaking and leadership club 1st and 3rd Monday of months 8-8pm, Stratford Fee applies Call 020 3373 0826

Weekly Get Together By new things Weds 10.30am-12.30pm, Green St Call 020 3373 0857

Love Newham app drop-in Learn how to report issues via the app Mon 10.30-11.30am The Gale

Family Reading Group Come and talk about your favourite books and discover new writers Sat 7 Feb, East Ham

Sexual Health Advice Mon 9 Feb 11am-2pm, The Gale

Inspire Futures Drop in Advice on ESOL and citizenship Thurs 2-4pm Green St

Community Links Drop in Debt, housing and benefit advice Call 020 8548 9835 to make an appointment Thurs 5 Feb 3.30-5.30pm, Katharine Road C.C. Call 020 8548 9845, Mon 2 Feb 12noon-2pm Green St Call 020 3373 0857

ESOL Improve your English language Mon and Weds 12-30pm Call 020 8522 5772 to enrol Katharine Road C C Tues 9-10am 12noon Fri 9-10am 12-30pm Jack Cornwell C C Tues and Fri 1-3pm, Plaistow ESOL citizenship and Life in the UK preparation class

ICT Drop-in Session Set up a My Newham profile and create an email account Fri 10am-12noon The Gale Fri 10am-12noon, Green St

Oral Health Drop-in Thurs 5 Feb 3-5pm The Gale

Rings Night (16yrs) Thurs 5-7pm, Green St

Aerobic Exercise Workout and body stretching Mon 8.30-10.30am Jack Cornwell C C £1.50

Exhibitions Solo exhibition by Georgy Laburn, until 31 Jan Beckton, Open exhibition by local disabled artists, until 31 Jan, Old Town Hall, Stratford

Ordnance Surgery Thurs 12 Feb 4-6pm Manor

Park Mon 2 Feb 3.30-5pm, Green St

East Ham Youth Zone Sony PS4, DJ decks and other activities Tues 4-7pm, East Ham

Happy Living Club Indoor and outdoor activities for over 50s Tues and Weds 1.30-5.30pm, Jays C C

Writers Group Thurs 29 Jan 5-6.45-7.30pm The Gale

Big Ideas In partnership with Bridgework University Mon 9 Feb 6.15-7.45pm, Stratford

SNT Drop-in Fri 12noon-1pm Stratford Thurs 26 Feb 10-11.30am, Canning Town Tues 24 Feb 11am-12.30pm, Custom House

Active Minds Community Health Event Wed 11 Feb 10am-1pm, Jack Cornwell C C

Regeneration Drop-in Thurs 5 Feb 10-11.30am, Canning Town Tues 3 Feb 11am-12.30pm, Custom House

Adult Literacy Workshop Wed 11 Feb 5-6pm, Jack Cornwell C C

COMMUNITY ACTIVITIES



Bumps and Babies (up to 7yrs)

A free home-based meet up every Wed 1-3pm for expectant parents and those with babies. Email newhamact@hotmail.com

Meet and Greet Mums, Bumps and Babies Free various calls around Newham Visit www.newhammums.com or email jgs@newhammums.com

Royal Dock Learning & Activity Centre Mon, Newdross 10am-

12noon-2

Tues, Healthy Cooking 12noon-1:30pm £2

Parent and Toddler Group
10am-12noon, £1

Wed, Keep Fit, 10-11am, £2
Employment 1-2-7 support, by appointment
Joa Club 10am-2pm

Thurs, Tai Chi £2 1st session free 10.30am-12noon

Line Dancing, £1, 1st session free, 1-3pm
Royal Dock Learning & Activity Centre, Albert Rd, E16
Call 020 7476 9882 Visit www.rldc.org.uk

Junior Volunteer Police Cadets (10-12 yrs, term time)

Wed 3-30-5pm Little Wolf School, Browning Rd, E12, E7
Thurs, 4-15-5-45pm Upton C G, Claude Rd, E13, E1 Call 07500 881 370

Senior Volunteer Police Cadets (13-17 yrs)

Wed 6-30-8pm, Little Wolf School, Browning Rd, E12, £2-50 Thurs, 6-30-5pm, Eastlea Community School, Ewing Rd, E16, £2-50 Call 07500 881 370

BOXING AND SELF DEFENCE

Boxing (Newham College)
Mon 5-6pm East Ham

College, High St South, £5

Fight For Peace Boxing
Mon to Fri 4-5pm 10-14yrs
Mon to Fri, 5-6pm 14-19yrs
Woodman St, North Wood Mach, E16, Call 020 7474 0054

Punch Out (16+yrs)
Fri, 4-5pm Kishineva Rd C G 254 Kishineva Rd, E7

Intense Fitness (14+)
Workouts boxing and wrestling
Fri 8.30-10pm, £3 The Healthy Centre, E6 Call 07878 263 642

Newham Shoulin Karate
Wed term time 4-5-5-30pm
Fri 6-7pm and 7-8-30pm Sun 10-11am Under 15yrs £4

15yrs £5, concs £5
Newham Leisure Centre, E13
Call 07500 070 628

Docklands Shoulin Karate

Mon and Wed, Juniors and beginners 7-8pm, all other grades 8-9pm 1st session free under-15yrs £4, 16+ £5, concs £5 UEL SportsDeck, Call 07768 655 859

Stratford Judo

Competition training, Juniors (8-11yrs) Tues and Thurs 6-30-8pm seniors (15+yrs) Tues and Thurs 8-9-10pm
Beginners, Juniors (8-14yrs) Wed 6-30-7-45pm, seniors (15+yrs) Wed 7-45-9-15pm
From £2-£5 per class
Carpenters Docklands Centre, 96 Galsore Rd, E75
Call 07565 601 260
www.shinbjudo.com

West Ham Boys ABC
Mon, Wed, Fri, mixed (8-15yrs) 5-6pm Sat, boys (6-17yrs) 10-11am, girls (7-16yrs) 11am-12noon, £2-2 London Rd, E13, Call 020 8472 3614

HEALTH AND FITNESS

AtHome

All ages and ability Mon, 11am-12noon (women only), Weds, 11am-12noon (mixed)
Jack Cornwell C G

Rockcamp and Circuits with AJ

Mon 6-30-7-30pm, Chandos East Community Hub, E15 £4
Call 07535 544 212

Janice's Fitness

Mon, 7-15-7-45pm, Belleraba, £3, The Hawley Centre, E6
Call 07818 000 643

Twisted Pink Street Dance

7-11yrs, Thurs, 6-7pm St Luke's Church, Taring Rd, E16 12-yrs Fri 6-7pm
Maryland, Sudbury, 64 Laytonstone Rd, E15 £3 Call 07561 544 017 visit www.twistedpink.org.uk

Zumba Fitness

Mon and Weds, 7-8pm, £5 and

£4 for 2nd class, Moorage Lane Community Centre, Dover Ct, E15 Call 07500 856 655

Zumba with Jessica

Mon 6-30pm £2-50
Asia Community Hub 146 Canal Rd, E15, Sat, 9-10am, circuits £4, Community Resource Centre 200 Churchable Ln, E13
Call 07884 951 484

Zumba

All ages Registration essential Bring water and a towel
Weds 7-8pm £5 Beckton C G, Fri, 9-10-10-30am, £3, Jack Cornwell C G

50+ ACTIVITIES

Age UK East London

Nordic Walks (18+)

Tues 9-10-10-45am meet at Age UK East London Newham Branch, 655 Beaking Rd, E13
Sun, 10-11am, meet at entrance of the Copper Box, Queen Elizabeth Olympic Park, E20
For more info call 07903 528 242

Health Walks

Mon, 2pm starts by the War Memorial, Central Park, E6
Call 07518 750 120
Tues, 10am, starts outside Pret a Manger at Stratford Station
Call 0844 414 2728
Tues, 1-30pm starts at the corner of Wilestead Rd at the junction of Capel Rd and Woodford Rd
Call 0844 414 2728
Wed 10-11am, starts outside Newish Centre, MoGresh Rd, E16 Call 07870 281 120
Thurs, 1-30pm starts at the corner of Wilestead Rd at the junction of Capel Rd and Woodford Rd
Call 07806 744 535

Thurs, 2pm, starts by the War Memorial, Central Park, E6
Call 07518 750 120

Fri 10-11am starts outside St Mark's Community Centre, Tolpelt Rd, E6 Call 07808 744 535

Thurs, 2pm, starts by the War Memorial, Central Park, E6
Call 07518 750 120

Fri 10-11am starts outside St Mark's Community Centre, Tolpelt Rd, E6 Call 07808 744 535

Thurs, 2pm, starts by the War Memorial, Central Park, E6
Call 07518 750 120

Fri 10-11am starts outside St Mark's Community Centre, Tolpelt Rd, E6 Call 07808 744 535

Newham Striders

Daily walking group
Call 0844 414 2728

Nordic Walking

Wed, 9-10am Meet at Lord Laker Health Centre, E7 Not suitable for wheelchairs
Call 07780 550 429
Fri, 6-30-8pm Meet at Newham Leisure Centre, E13
Sun, 10-11-30am Meet at East Ham Leisure Centre, E6

Young at Heart

Bingo Club Mon 12noon-4pm, E7 Jayas C C

Ballroom Dancing

Mon 10am 12noon, St Paul's Church Centre, Burgess Rd, E6 £2-50 per session
Call 07761 209 403

Active Centre Bingo (50+yrs)

Thurs, 7-8pm, Jack Cornwell C G

Over 50s club

Thurs 10am 12noon Beckton

GREEN

Green Gym

Wed, 10am-1pm meet at Victor Garden in East Ham Nature Reserve, Norman Rd, E6 Call 07845 873 155

Green Volunteering

Tues and Thurs, 10am-3pm Silverdown Wy, E16 pop Hallsville Rd

Garden Club

Tues, 1-3pm Thurs 4-7pm, Sat 10am-4pm Abbey Gdn, Bakers Row, E15

Gardening Thymes

Gardening Club
Fri 11am-1pm Bowling Green Central Park High St South, E6

Grow Together Be Together

Community Gardening Club
Wed 10am-1pm Sat 1pm-3pm Wanders Road Malthouse Rd, E16 £5 Call 020 8585 7070

DOORSTEP CLUBS

Call 0844 414 2728 unless otherwise stated

Athletics Club (14+)

A multi sport session focusing on

athletics, football and the gym
Tues, 6-7pm, Newham Leisure
Centre, E13. Call 07710 304 750

Gym & Basketball (14+ yrs)
Tues, 6-10pm, E2, Rostky
School, Bowley Rd, E16

Stunt & Tumble (14+ yrs)
Thurs, 7-30 5pm, U5.
Talent Cheer & Dance, Gollins
Ranch, Amerside Wy, E8
Call 07960 612 610

FEMALE SPORTS

Basketball Sessions
Tues, 4-5pm, Gosham
Academy, 40 Cheering Ln, E20

Dance2Dance (12-18 yrs)
Street dance, Fri, 3-30 5:30pm,
Newham Leisure Centre, E13

Female Basketball (14+ yrs)
Mon, 4-15-5 15pm, Boleyn Leisure
Centre, E13. Call 07970 700 526

Girls Football (11-18 yrs)
Tues, 4-5 30pm and Thurs
5-6pm, Newham Leisure Centre,
Fri, 5-7pm, Memorial Park, E16

Girls Group Cycling (11-15 yrs)
Tue and Thurs, 5-6 30pm,
Newham Leisure Centre, E13

Just Play (14+ yrs)
Wed, 5:30-6pm multi sports
(Aim: Inj), Cumberland School,
E13. Call 0844 414 278

Abs Blast (11-15 yrs)
Tues, 5-30-6pm, E3 10,
Newham Leisure Centre, E13

Athlete (14-18 yrs)
Athletic fitness, Wed, 5-30-
6 30pm, E1, Flanders
Community Centre, Nipper Rd,
E8. Call 07710 304 750

Female Only Gym Sessions
Mon, 3-4pm, 16-25yrs
Mon and Wed, 7-30-10 30pm
Tues and Thurs, 12noon-1 30pm
Sun, 3-5pm, 11-15yrs, E4 65
Newham Leisure Centre, E13

Get Back into Netball
Tues, 6-7 30pm, juniors,
7-30 6pm, seniors, E2, Lister
Community School, E13. Call
07717 281 528

Julie's Mums On The Run
Wed, 10-11 30am, E5, or bring
a friend and both pay £4 each
Abbey Lane Park, E15
Call 07967 374 772

KeepFit
Wed, 10am, E1, Chandos East
Centre, E15. Call 07960 944 095

Keep Fit - Stay Fit
Sat, 10-11am, E3 50, Jack
Cornwell C.C., E12. Call 07795
084 118

Ladies Only Keep Fit
Wed, 10am, E1, Chandos East
Centre, Chandos Rd, E15
Thurs, 10am, E1 50, Rostky
Centre, Rostky St, E16

**Shelle's Yummy
Mummy Buggy (18+ yrs)**
Mon, 10-11 30am, E5, Central
Park, High St South, E6 (meet
outside cafe in the park), Fri, 10-
11 30am, Pleshet Park, Pleshet
Gr, E8. Call 07908 614 958

Women's Badminton
Fri, 1-2 30pm, East Ham
Leisure Centre, E16, E2,
equipment provided
Call 07930 162 505

Women United APC (11+ yrs)
Mon (8am time), 6-7 15pm
E7, Kingsford School, E8. Call
07792 932 970

Zumba and Tone
Wed, 7-15 2 15pm, E1,
St Bartholomew's Church Hall,
Barking Rd, E8. Call 07944 775 679

**SPORTS AND PHYSICAL
ACTIVITIES FOR
DISABLED PEOPLE**

Ability Club (14-25 yrs)
Multi sports for disabled young
people, Wed, 5-30 6 30pm and
Fri, 4-4 45 6pm, NewVie, E13

Athletics (8-18 yrs)
Tues, 4-15 6 15pm, Brampton
Mirror, Rotherham Rd, E8, Thurs,
4-30 5 30pm, St Angelo's
Unschool School, E7. Email
croucho@angloathletics.org

Family Swims
Sat, 4-30-5 30pm, Newham

Offers Swimming Club
Newham Leisure Centre, E13
Call 07931 708 739
Sun, 12-30 3pm, Family Swims,
Boleyn Leisure Centre, E5.
Call 020 7476 5274

Get Fit for Free
Tues, 1-30 3 30pm and
Fri, 10am-12noon
Free gym use for people
with learning disabilities
Newham Leisure Centre, E13
To book an induction call
020 7511 4477

Sensory Play (U5yrs)
Wed, (8am time)
1-30pm-5pm, Oliver Thomas
Childcare Centre,
Mathews Ave, E6
Email:thomas@newham.sch.uk
or call 020 5521 0307

Swim for Families
Dealing with Autism
Wed, 4-5pm, Boleyn Leisure
Centre, E13. Call 020 7476 5274

**Trampoline
Sessions (U15yrs)**
Tues, 4-30-5 30pm, U15yrs,
Newham Leisure Centre, E13
Call 020 7511 4477

Support in Action (18+ yrs)
Indoor and outdoor activities
advice and support, Thurs, 12-
3pm, Upton C.C.

RUNNING

Beckton Park Run
Sat, 9am, Beckton Park South,
E16. Call 07718 304 755
www.parkrun.org/beckton

Best End Road Runners
Tues and Thurs, 7pm
Sun, 8am, Meet on the bank
Coached sessions for all
abilities, Newham Leisure
Centre, E13. Call 07978 261 647

**Run England
£2 unless stated**
Sun, 10am-12noon, Newham
Leisure Centre, E13, (meet on track)
Mon, 4-5 30pm, Newham Leisure
Centre, E13 (meet on track)
Mon, 5-45-6 45pm, Newham

Dockside, E16 (meet at reception)
Wed, 12noon-1pm, Newham
Dockside, E16 (meet at reception)
Thurs, 5-15-6 15pm, UEL,
Docklands Campus, E16
(meet at reception)
Sat, 10-11 30am, Westland
Plaza, E12 (meet at Harrow Rd
Changing Pavilion)
Sat, 10-11 30am, Memorial
Park, E15, E4 (meet at car
park), Call 07710 304 874

SPORTS

Athletics
Newham and Essex Beagles
Athletics Club, Mon and Wed,
6-8pm, Foundation Groups
(8-10yrs), Mon, 7-8pm and
Wed, 6-7pm, E5, Justice
McMillan Stadium, Newham
Leisure Centre, E13. Web: newhamandesserbeagles.co.uk

BMX (5-15 yrs)
Sun, 10am-12noon, E3, Goosely
Playing Fields, St Albans Ave,
E8. Call 0781 333 675

**Fencing with
Newham Swords**
Tues, 6-8pm, Thurs, 6-8pm
Fri, 7-10pm, Classes for adults
(18+), and mini-plates (4-
7yrs), UEL, SportsDock,
Call 07966 618 888

Indoor Cricket (5-16 yrs)
Wed, 6-8pm, E2,
Lister Community School,
E13, email: paul.farthing@
beaglesnewham.org.uk

**Black Arrows
Badminton Club**
Adults, Fri, 7-8pm, Juniors
Sat, 10am-12noon, E3 70,
East Ham LC, Adults, Weds,
7-10pm, UEL SportsDock, Call
07932 037173

Woodside Badminton Club
Fri, 7-30 8 30pm, intermediate
and club standard, E5, waged/
£2 unless stated, Carpenters and
Dockland Centre, 30 Gbennie
Rd, E15. Call 07966 150 240



Football

FOOTBALL



Air Football (16+ yrs)



Tues 1-3pm, Fri 10am-12noon, Memorial Park, Memorial Ave, E15
Fri, 3-5pm, Beckton Powerleague, E8
Web: www.airfootball.co.uk

Football and Athletics



Thurs 4.5-5.30pm, Britanna Village, 65 Evelyn Rd, E16

Football & Multi Sports



Mon 4-5.30pm, Newham Leisure Centre, E13
Wed 5-6pm, Stratford MUGA, West Ham Ln, E15

Mayor's Football League



U10ys: U12ys, Mon, 4.30-6pm, U16ys, U18ys, 6-7pm, Newham Leisure Centre, E13

Premier League (16+ yrs)



6-a side (if sub) Weds 7-10pm, Newham Leisure Centre, E13

WYU Kicks



Mon Tues, Fri, 4-7pm, WHUGST, Beckton 3G, 60A Albeross Ct, E8

Thurs, 6.30-7.30pm, Little Brook Learning Zone 1 Rectory Rd, E12

Thurs, 6.30-7.30pm, Stratford Park MUGA, West Ham Ln, E15

Sat 10.30am-12noon, Newham Leisure Centre, E13

Sat 10.30am-12noon, Newham Leisure Centre, E13

Ascension Football

Sat 10.11.20am E3
Reception to 11yrs King George V Park

King George Ave, E16
Call 07006 584 825

BASKETBALL



Basketball & Multi Sports

Fri, 5-6.30pm, 8-10yrs, Snowhill MUGA, Snowhill Rd, E12

Basketball Sessions



Thurs 5.30-6.30pm, Little Brook Learning Zone 1 Rectory Rd, E12

National League



Mon 5-6pm, U13/14yrs, Tues 5-6pm, U15/16yrs, Rokaby School, E16

Thurs, 4.30-6pm, U13/14yrs boys, U14yrs girls, 6-8pm, U16yrs, Newham Leisure Centre, E13, 6-8pm, U18yrs, Cumberland School, E13

NCFE Sports - Basketball



Thurs, 5-7pm, East Ham Leisure Centre, To register email sports@newham.ac.uk or call 020 8257 4255

Senior Programme



Mon 7.30-8.30pm, Division 2 women and division 3/4 men, Rokaby School, E16
Call 07047 407 616

Newham All Star Sports Academy (NASSA)



Sessions E1 unless indicated, Juniors: Fri 4-6pm, Cumberland School, E13

National league U10ys, U14ys, U16ys, Tues, 6-8pm, Rokaby School, E16

National league U18ys, Tues 6-8pm, SportsDock, E13

National league U13ys, U14ys, U16ys, Thurs, 6-8pm, SportsDock, E13

National league U18ys, Tues 6-8pm, SportsDock, E13

National league U13ys, U14ys, U16ys, Thurs, 6-8pm, SportsDock, E13

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National league U18ys, Tues 6-8pm, SportsDock, E13

National league U13ys, U14ys, U16ys, Thurs, 6-8pm, SportsDock, E13

National league U18ys, Tues 6-8pm, SportsDock, E13

St Angela's School, E7
U13/14yrs girls: Mon, 4.30-6pm and Wed, 4.30-6pm, St Angela's School, E7
U15/Myers boys, Tues, 6-8pm, St Angela's School, E7
Thurs, 6pm, St Cuthbert's School, E7
U17/18yrs boys: Mon and Wed 8-10pm, St Angela's School, E7. Call 07068 307 657

COMMITTEE MEETINGS

All meetings take place at Newham Town Hall, Barking rd, E8 unless otherwise stated
Tues 3 Feb, 5.30pm, Newham Partnership - Health and Wellbeing Strategic Reference Group, Newham Dockside
Thurs 5 Feb, 8am, Mayoral Proceedings
Fri 6 Feb, 7pm, Development Control Members' Forum, Newham Dockside
Mon 9 Feb, 7pm, Local Development Committee
Tues 10 Feb, 7pm, Regeneration and Employment Strategy Commission
7pm, Children and Young People's Scrutiny Commission
Wed 11 Feb, 10am, Officer Key Decision, Newham Dockside
4.30pm, Corporate Parenting Board, Newham Dockside
6.30pm, Investment and Accounts Committee

CONTACT THE MAYOR

Surgery
Thurs 5 Feb, 11am, Old Town Hall, Stratford, E15
Thurs 12 Feb, 10am, Canning Town Library (doors open 9.30am)
Telephone surgery
Wed 11 Feb, Call 020 8430 2000 between 9.30-10.30am and leave your details. The Mayor will call you back at a later time

CONTACT DETAILS

LITERARIES & COMMUNITY NEIGHBOURHOODS

Section Globe 1 Angelus Wy, E6
Canning Town Barking Rd, E16
Custom House
Prince Regent Ln, E16

East Ham 226 Barking Rd, E8
Green Street 337-341
Green St, E13

The Gate 6-8 Woodgrange Rd, E7

Manor Park 635-691 Romford Rd, E12

North Woolwich 5 Pier Parade, E16

Plumstead North St, E13

Stratford 3 The Drive, E15

Archives and Local Studies Call 020 3073 6657
email archives@newham.gov.uk

Archives and Local Studies
newham.gov.uk

LEISURE & SPORTS VENUES

Balsam Leisure Centre 14 Balsam St, E13

East Ham Leisure Centre 324 Barking Rd, E8

Newham Leisure Centre 267 Prince Regent Ln, E13

NewWife Prince Regent Ln, E13

UEL SportsDock Docklands Campus, University Way, E16

COMMUNITY CENTRES (C.C.)

Beckton Community Centre 14 Manor Wy, E8, 020 7511 1214

Field Community Centre 147 Shilton Rd, E7
020 8536 2600

Greenwich Centre Memorial Park, Memorial Ave, E15
020 3373 0680

The Hartley Centre 267 Barking Rd, E8
The Hub 123 Star Ln, E16
020 3373 0790

Jack Cornwell Community Centre Jack Cornwell St, E12
020 8533 3458

Joyce Community Centre 1 Avenue Ct, E13, 020 8546 9635

Katherine Road Community Centre 254 Katherine Rd, E7
020 8546 9635

St Mark's Community Centre 216 Tolgate Rd, E8
020 7517 1214

Upton Community Centre Cluade Rd, E15, 020 8477 0040

Worceage Ln Community Centre Gower Ct, E15, 020 8519 0235



Newham London

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www.newham.gov.uk/NewShare

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